

around the chest accomplishes the same purpose as these belts, although it will not stay in place as well.

When using the belt on a woman, it is placed as high up under the breasts as possible, but not overlying the breasts. I used one recently on a very obese woman having large pendulous breasts, with complete relief of pain. The application of adhesive on such a chest is virtually impossible.

It has been suggested to me that one might use this belt also to secure desired expansion of one chest, as, for instance, following empyema, etc., by making the belt with the elastic only on the involved side, thus encouraging expansion of this side, while restricting movement on the side that is good.

The first belt was kindly made for me and furnished by the David Fox Surgical Appliances. The illustration is theirs. The belt is usually about eight inches in width. Two measurements are necessary; the circumference at the level desired for the upper border of the belt, and the circumference eight inches below this level. The retail price of this belt should not exceed \$10. A sample belt, if measurements are given, can be obtained from the David Fox Surgical Appliance Co., 319 Mason Street, San Francisco, for the price quoted. The belt in place is illustrated in Figure 1.

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HIPPOCRATES' APHORISMS*

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Arcadia

SECTION THREE

1. Changes and variations of the seasons
Are common factors leading to disease;
Transitions from a hot to chilly weather
Prepare the soil for illness with great ease.
2. Some people's nature craves more summer
heat,
While others winter snow and cold entreat.
3. Diseases and the ages are related
To seasons, types of food and to locations;
This fact determines whether these two factors
Are suited well or ill in combinations.
4. When daily weather changes
From hot spells to cold,
Some morbid visitations
May be foretold.
5. South winds induce hard hearing and dim
vision,
Dull head and languor; while the north winds
cause
Hard bowels, sore-throat, dysuria with chills,
Coughs, pains in chest and breast and kindred
woes.
6. When summer is like spring, replete with
humid air,
The fevered sick excessive sweating bear.
7. The droughty summers,
With dry, torrid breezes
Are likely to bring on
Acute and fell diseases.
8. When seasons follow the pattern set by nature,
And weather runs true to a season's norm,
Diseases also run according to their patterns,
And crises come within time-limits of the
norm.
9. In fall, diseases are
More fatal and acute;
In spring, they're more benign
And easier to uproot.
10. Fall is a bad season for the sick with phthisis.
11. If winter's dry, with northern winds pre-
vailing,
And spring, swayed by the southern winds,
is wet;
Then summer brings on sore eyes, dysenteries,
And agues, in humid people mostly met.
12. If winter's rainy, calm, with southern winds,
And spring is dry, and winds blow from the
north,
Then pregnant women from the slightest
cause abort,
Or withered feeble infants are brought forth.
Withal crop up sore eyes and dysenteries,
And the old men fall prey to nose catarrhs.
13. If summer's dry with northern winds pre-
vailing,
And southern winds supply much rain in fall,
Then winter sows headaches, coughs, corizae
And, in some cases, even phthisis may befall.
14. If fall is dry and winds blow from the north,
With humid men and women this agrees,
But others may fall prey to sore eyes, fevers,
To colds and, in some cases, melancholies.
15. Dry seasons, as a rule,
Are healthier than the wet,
Which are more likely to
Mortalities beget.
16. Rainy seasons bring on chronic fevers,
Loose bowels, quinsies, fits, strokes and
gangrene;
In dry seasons dysenteries, phthisis,
Dysurias, joint and eye troubles are seen.
17. North winds improve the hearing, brace the
body,
But pinch the eyes and aggravate chest pain;
The south winds relax and slow the body,
Dull sight and hearing, and oft load the brain.
18. In spring and early summer the young bloom;
The old folks do the best in summer and early
fall;
While for the people of intermediate ages,
Late fall and winter is the best of all.
19. While all diseases may occur
In any season of the year,
There're some of them that strongly tend
In certain seasons to appear.
20. Diseases of the spring are: colds and coughs,
Bleedings, quinsy, fits and spells of sadness;
Joint-troubles, leprosy and skin eruptions
With ulcers, nodules, and at times, acute mad-
ness.

* For other aphorisms, see CALIFORNIA AND WESTERN MEDICINE, March, 1940, page 125; April, 1940, page 179; May, 1940, page 231; July, 1940, page 35.